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ABSTRACT

This book examines fitness research among special populations, including research on fitness assessment, programming, and performance for persons with various forms of physical disabilities. The book covers such topics as diseases that complicate life in a wheelchair, disability classifications, physiological responses to training, positive psychological aspects of sport, and criteria and goals for effective fitness programs as they relate to persons with disabilities. The book includes a comprehensive bibliography for access to recent literature, a glossary for simplifying various medical terms, a summary of key ideas and practical applications at the end of each chapter, and over 1,000 references. (JD)

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